

# ELEVATE

COUNSELING SERVICES, INC.

## MIND YOUR GRIEF

MEETING WEEKLY ON ZOOM - this is a MEMBERSHIP COMMUNITY for  
BEREAVED ADULTS  
THE FULL FEE IS \$79 A MONTH

MEETING WEEKLY ON MONDAYS FROM 1 - 2 P.M.  
STARTING NOVEMBER 14, 2022



BEREAVED ADULTS experiencing grief and loss in their lives: of a child, partner or other significant person in your life; this community will use mindful awareness and practices to support you and help you process grief and loss as you make new meaning in life after loss.

This is an open membership with rolling admission into this group.  
Insurance will not reimburse payment for this online community.

**FACILITATED BY:** LEIGH-ANN LARSON, LMHC, Founder, Elevate Counseling Services - Certified Grief Educator, Telehealth Trained, Energy Psychology Practitioner, Certified Mindful Leader and enrolled in Traumatic Studies Certification.  
**CONTACT:** Lynne at 508-297-1491 or email [intake@elevate-counseling.com](mailto:intake@elevate-counseling.com) **PROCESS:** You will be given portal access by email to sign up and to complete your paperwork.